



*Be... Active, Playful, Creative*

# Programs & Events

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**FALL 2017**  
[herndon-va.gov/recreation](http://herndon-va.gov/recreation)  
Recycle After December



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## Herndon Community Center Hours

Monday – Friday 6:00am-10:00pm

Saturday 7:00am-6:00pm

Sunday 10:00am-6:00pm (through 8/27)

Sunday 7:00am-7:00pm (starting 9/10)

*No admittance to the building a ½ hour before closing.*

## CLOSURES & HOLIDAY HOURS

Labor Day, September 4 Closed

Thanksgiving, November 23 Closed

Friday, November 24 8:00am-9:30pm

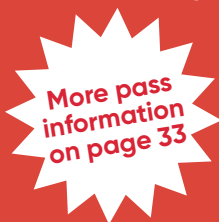
*The Herndon Community Center will be closed from August 28 – September 4 for maintenance and cleaning*

## Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

**OFFICE CLOSED:** September 4, October 9, November 10, 23 & 24

## Daily Admission Rates



	TOH / NR
<b>Adults</b>	\$6.50 / \$7.50
<b>Seniors</b>	\$5.25 / \$6.25
<b>Youth</b>	\$5.25 / \$5.50
<b>Family*</b>	\$18 / \$22.50

\*Up to 5 family members,  
2 adults maximum

## Understanding Our Class Format

TOH – Town of Herndon rate and requires ID with address for every transaction

NR – Non-Resident rate

<b>NEW!</b>	New this Season
<b>DROP-IN</b>	No Registration Required
<b>NOR</b>	No Online Registration
<b>OR</b>	Ongoing Registration

NUMBER OF CLASSES	LENGTH OF CLASS	DATES NO CLASS HELD		
#, ## minute classes		no class ##/##		
M	5:30-7:30pm	1/3-6/30	\$00 / \$00	500000.00
DAY(S)	START-END TIME	START-END DATE	COST FOR TOH / NR	ACTIVITY NUMBER



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

## How To Register

CHOOSE ONE OF FOUR WAYS TO REGISTER.

For Mail & In-Person options fill out the **registration form** on page 31 and find **registration information** on page 30.

**1 ➤ ONLINE:** [herndonwebtrac.com](http://herndonwebtrac.com)



**2 ➤ MAIL:** Herndon Parks and Recreation  
777 Lynn Street  
Herndon, VA 20170

**3 ➤ IN-PERSON/ DROP OFF:** Herndon Community Center  
814 Ferndale Avenue  
Herndon, VA 20170

**4 ➤ FAX:** 703-318-8652  
Hearing Impaired Relay  
1-800-828-1120 TDD

**“The introductory classes offered by the Herndon Parks and Recreation Department are a very cost effective way to be introduced to a new activity.”**

– Debbie, Great Falls, VA



# Special Events *Be... Active, Playful, Creative*



## Kids' Wet & Wild Day

**SATURDAY, August 12, 10:30am-12:00pm**

730 Elden Street, Town Hall Square Page 21

## Glow in the Dark Activity Night

**SATURDAY, August 19, 8:00-9:30pm**

730 Elden Street, Town Hall Square Page 21

## Outdoor Movie

**SATURDAY, August 26, 8:00pm**

777 Lynn Street, HMC Green Page 23

## Labor Day Festival

**MONDAY, September 4, 11:00am-5:00pm**

777 Lynn Street, Historic Downtown Page 36

## Family Fitness & Fun Fest

**SATURDAY, September 23, 9:00am-12:00pm**

730 Elden Street, Town Hall Square Page 36



## NatureFest

**SUNDAY, September 24, 1:00-5:00pm**

Runnymede Park Page 21



## Bark Bash & Pooch Parade

**SUNDAY, October 1, 12:00-3:00pm**

730 Elden Street, Town Hall Square Page 22



## Herndon Homecoming Parade

**SATURDAY, October 14, 9:30am**

Elden Street, Historic Downtown Page 22

## Digital Scavenger Hunt

**SATURDAY, October 21, 10:30am-12:00pm**

777 Lynn Street, Historic Downtown Page 22



## Turkey Trot 5K

**SATURDAY, November 18, 4:00pm**

Herndon Community Center Page 11

## Spooktacular

**FRIDAY, October 27, 6:30-8:00pm**

Herndon Community Center Page 22



**NO AQUATICS CLASSES »**  
**October 7-9 & November 22-25**

**POOL CLOSED TO PUBLIC »**  
**October 7-8 for the**  
**Harvest Moon swim meet**

## Pool & Swimmer Information

»  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.

» **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday & Sunday mornings until noon.

» **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

» **FREE swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation.

## MAKEUP POLICY

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

## » Preschool

**ATTENTION:** Parents should read class requirements and descriptions **carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

### **Baby and Me** Age 6-18 months

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 10/7, 11/25		
Sa	9:30-9:55 am	9/9-10/21	\$54 / \$66	201100.60
Sa	9:30-9:55 am	10/28-12/9	\$54 / \$66	201100.61

### **Toddler and Me** Age 18 months-2 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

### **Toddler and Me** (continued)

6, 25 minute classes		no class 10/7, 10/9, 11/22, 11/25		
M	10-10:25 am	9/11-10/23	\$54 / \$66	201200.10
M	10-10:25 am	10/30-12/4	\$54 / \$66	201200.11
W	10-10:25 am	9/13-10/18	\$54 / \$66	201200.30
W	10-10:25 am	10/25-12/6	\$54 / \$66	201200.31
Sa	10-10:25 am	9/9-10/21	\$54 / \$66	201200.60
Sa	10:30-10:55 am	9/9-10/21	\$54 / \$66	201200.61
Sa	10-10:25 am	10/28-12/9	\$54 / \$66	201200.62
Sa	10:30-10:55 am	10/28-12/9	\$54 / \$66	201200.63

### **Preschooler and Me** Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent.

6, 25 minute classes		no class 10/7, 11/25		
Sa	9-9:25 am	9/9-10/21	\$54 / \$66	201300.60
Sa	9-9:25 am	10/28-12/9	\$54 / \$66	201300.61

### **Preschooler 1** Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

6, 25 minute classes		no class 10/7, 10/9, 11/22, 11/25		
M	9:30-9:55 am	9/11-10/23	\$54 / \$66	202100.10
M	9:30-9:55 am	10/30-12/4	\$54 / \$66	202100.14
W	9:30-9:55 am	9/13-10/18	\$54 / \$66	202100.30
W	9:30-9:55 am	10/25-12/6	\$54 / \$66	202100.32
Sa	8:30-8:55 am	9/9-10/21	\$54 / \$66	202100.60
Sa	9:30-9:55 am	9/9-10/21	\$54 / \$66	202100.61
Sa	11:30-11:55 am	9/9-10/21	\$54 / \$66	202100.62
Sa	8:30-8:55 am	10/28-12/9	\$54 / \$66	202100.63
Sa	9:30-9:55 am	10/28-12/9	\$54 / \$66	202100.64
Sa	11:30-11:55 am	10/28-12/9	\$54 / \$66	202100.65

8, 25 minute classes		no class 11/22, 11/23		
M/W	6:30-6:55 pm	9/11-10/4	\$72 / \$88	202100.11
M/W	6:30-6:55 pm	10/16-11/8	\$72 / \$88	202100.12
M/W	6:30-6:55 pm	11/13-12/11	\$72 / \$88	202100.15
Tu/Th	7-7:25 pm	9/12-10/5	\$72 / \$88	202100.21



All ages and all levels can learn to swim at the HCC.





**WACKY WEDNESDAY**

**AGE 12 & UNDER**  
**NOON - 3PM**

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

**\$5 parent/child**  
**\$2 each additional child**

**Preschooler 1 (continued)**8, 25 minute classes no class 11/22, 11/23

Tu/Th	7-7:25 pm	10/17-11/9	\$72 / \$88	202100.22
Tu/Th	7-7:25 pm	11/14-12/12	\$72 / \$88	202100.24
Tu/Th	6-6:25 pm	9/12-10/5	\$72 / \$88	202100.25
Tu/Th	6-6:25 pm	10/17-11/9	\$72 / \$88	202100.26
Tu/Th	6-6:25 pm	11/14-12/12	\$72 / \$88	202100.27

10, 25 minute classes no class 10/8

Su	10-10:25 am	9/10-11/19	\$90 / \$110	202100.70
Su	11:30-11:55 am	9/10-11/19	\$90 / \$110	202100.71

**Preschooler 2 Age 3-5**

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

6, 25 minute classes no class 10/7, 10/9, 11/22, 11/25

M	10:30-10:55 am	9/11-10/23	\$54 / \$66	202200.10
M	10:30-10:55 am	10/30-12/4	\$54 / \$66	202200.13
W	10:30-10:55 am	9/13-10/18	\$54 / \$66	202200.30
W	10:30-10:55 am	10/25-12/6	\$54 / \$66	202200.32
Sa	9-9:25 am	9/9-10/21	\$54 / \$66	202200.60
Sa	10-10:25 am	9/9-10/21	\$54 / \$66	202200.61
Sa	9-9:25 am	10/28-12/9	\$54 / \$66	202200.62
Sa	10-10:25 am	10/28-12/9	\$54 / \$66	202200.63

8, 25 minute classes no class 11/22, 11/23

M/W	7-7:25 pm	9/11-10/4	\$72 / \$88	202200.11
M/W	7-7:25 pm	10/16-11/8	\$72 / \$88	202200.12
M/W	7-7:25 pm	11/13-12/11	\$72 / \$88	202200.14
M/W	6-6:25 pm	9/11-10/4	\$72 / \$88	202200.17
M/W	6-6:25 pm	10/16-11/8	\$72 / \$88	202200.18
M/W	6-6:25 pm	11/13-12/11	\$72 / \$88	202200.19
Tu/Th	6:30-6:55 pm	9/12-10/5	\$72 / \$88	202200.21

**Preschooler 2 (continued)**8, 25 minute classes no class 11/22, 11/23

Tu/Th	6:30-6:55 pm	10/17-11/9	\$72 / \$88	202200.22
Tu/Th	6:30-6:55 pm	11/14-12/12	\$72 / \$88	202200.24

10, 25 minute classes no class 10/8

Su	10:30-10:55 am	9/10-11/19	\$90 / \$110	202200.70
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**Preschooler 3 Age 4-6**

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes no class 10/7, 10/9, 11/22, 11/25

M	11-11:25 am	9/11-10/23	\$54 / \$66	202300.10
M	11-11:25 am	10/30-12/4	\$54 / \$66	202300.13
W	11-11:25 am	9/13-10/18	\$54 / \$66	202300.30
W	11-11:25 am	10/25-12/6	\$54 / \$66	202300.32
Sa	10:30-10:55 am	9/9-10/21	\$54 / \$66	202300.60
Sa	10:30-10:55 am	10/28-12/9	\$54 / \$66	202300.61

8, 25 minute classes no class 11/22, 11/23

M/W	5-5:25 pm	9/11-10/4	\$72 / \$88	202300.11
M/W	5-5:25 pm	10/16-11/8	\$72 / \$88	202300.12
M/W	5-5:25 pm	11/13-12/11	\$72 / \$88	202300.14
Tu/Th	5:30-5:55 pm	9/12-10/5	\$72 / \$88	202300.21
Tu/Th	5:30-5:55 pm	10/17-11/9	\$72 / \$88	202300.22
Tu/Th	5:30-5:55 pm	11/14-12/12	\$72 / \$88	202300.24

10, 25 minute classes no class 10/8

Su	11-11:25 am	9/10-11/19	\$90 / \$110	202300.70
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**Preschooler 4 Age 4-6**

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes no class 10/7, 11/25

Sa	11-11:25 am	9/9-10/21	\$54 / \$66	202400.60
Sa	11-11:25 am	10/28-12/9	\$54 / \$66	202400.61

8, 25 minute classes no class 11/22, 11/23

M/W	5:30-5:55 pm	9/11-10/4	\$72 / \$88	202400.11
M/W	5:30-5:55 pm	10/16-11/8	\$72 / \$88	202400.12
M/W	5:30-5:55 pm	11/13-12/11	\$72 / \$88	202400.14
Tu/Th	5-5:25 pm	9/12-10/5	\$72 / \$88	202400.21
Tu/Th	5-5:25 pm	10/17-11/9	\$72 / \$88	202400.22
Tu/Th	5-5:25 pm	11/14-12/12	\$72 / \$88	202400.24

10, 25 minute classes no class 10/8

Su	9:30-9:55 am	9/10-11/19	\$90 / \$110	202400.70
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**Preschooler 5 Age 4-6**

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

6, 25 minute classes no class 10/7, 11/25

Sa	11:30-11:55 am	9/9-10/21	\$54 / \$66	202500.60
Sa	11:30-11:55 am	10/28-12/9	\$54 / \$66	202500.61

## » Youth

**ATTENTION:** Parents should read class requirements and descriptions *carefully* to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

### Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

#### 6, 30 minute classes no class 10/7, 10/9, 11/25

M	4-4:30 pm	9/11-10/23	\$54 / \$66	203110.14
Sa	11-11:30 am	9/9-10/21	\$54 / \$66	203110.60
Sa	11-11:30 am	10/28-12/9	\$54 / \$66	203110.61

#### 8, 30 minute classes no class 11/22, 11/23

M/W	6-6:30 pm	9/11-10/4	\$72 / \$88	203110.11
M/W	6-6:30 pm	10/16-11/8	\$72 / \$88	203110.12
M/W	6-6:30 pm	11/13-12/11	\$72 / \$88	203110.13
Tu/Th	5-5:30 pm	9/12-10/5	\$72 / \$88	203110.21
Tu/Th	5-5:30 pm	10/17-11/9	\$72 / \$88	203110.22
Tu/Th	5-5:30 pm	11/14-12/12	\$72 / \$88	203110.23

#### 10, 30 minute classes no class 10/8

Su	11:30 am-12 pm	9/10-11/19	\$90 / \$110	203110.70
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### Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

#### 6, 30 minute classes no class 10/7, 10/9, 11/25

M	4:30-5 pm	9/11-10/23	\$54 / \$66	203210.14
Sa	10:30-11 am	9/9-10/21	\$54 / \$66	203210.60
Sa	10:30-11 am	10/28-12/9	\$54 / \$66	203210.61

#### 8, 30 minute classes no class 11/22, 11/23

M/W	6:30-7 pm	9/11-10/4	\$72 / \$88	203210.11
M/W	6:30-7 pm	10/16-11/8	\$72 / \$88	203210.12
M/W	6:30-7 pm	11/13-12/11	\$72 / \$88	203210.13
M/W	7-7:30 pm	9/11-10/4	\$72 / \$88	203210.16
M/W	7-7:30 pm	10/16-11/8	\$72 / \$88	203210.17
M/W	7-7:30 pm	11/13-12/11	\$72 / \$88	203210.18
Tu/Th	5:30-6 pm	9/12-10/5	\$72 / \$88	203210.21
Tu/Th	5:30-6 pm	11/14-12/12	\$72 / \$88	203210.23

#### 10, 30 minute classes no class 10/8

Su	11-11:30 am	9/10-11/19	\$90 / \$110	203210.70
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### Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

#### 6, 30 minute classes no class 10/7, 10/9, 11/25

M	4-4:30 pm	9/11-10/23	\$54 / \$66	203310.13
Sa	10-10:30 am	9/9-10/21	\$54 / \$66	203310.60
Sa	10-10:30 am	10/28-12/9	\$54 / \$66	203310.61

#### 8, 30 minute classes no class 11/22, 11/23

M/W	5:30-6 pm	9/11-10/4	\$72 / \$88	203310.11
M/W	5:30-6 pm	10/16-11/8	\$72 / \$88	203310.12
M/W	5:30-6 pm	11/13-12/11	\$72 / \$88	203310.14

*Have you been unable to be placed in a swim class of your choice?*

*Do you and your friends have free time during weekday afternoons from 12-3pm?*

Then it's time to  
**Design a Class!**



**Three to five swimmers** are needed to schedule a group lesson on the day that fits your schedule.

For more information, contact  
Aquatics Services Manager at **703-435-6800 x2128**.

### Swim 3 (continued)

#### 8, 30 minute classes no class 11/22, 11/23

Tu/Th	6:30-7 pm	9/12-10/5	\$72 / \$88	203310.21
Tu/Th	6:30-7 pm	10/17-11/9	\$72 / \$88	203310.22
Tu/Th	6:30-7 pm	11/14-12/12	\$72 / \$88	203310.23
Tu/Th	7-7:30 pm	9/12-10/5	\$72 / \$88	203310.24
Tu/Th	7-7:30 pm	10/17-11/9	\$72 / \$88	203310.25
Tu/Th	7-7:30 pm	11/14-12/12	\$72 / \$88	203310.26

#### 10, 30 minute classes no class 10/8

Su	10:30-11 am	9/10-11/19	\$90 / \$110	203310.70
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### Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

#### 6, 30 minute classes no class 10/7, 10/9, 11/25

M	4:30-5 pm	9/11-10/23	\$54 / \$66	203410.13
Sa	9:30-10 am	9/9-10/21	\$54 / \$66	203410.60
Sa	9:30-10 am	10/28-12/9	\$54 / \$66	203410.61

#### 8, 30 minute classes no class 11/22, 11/23

M/W	5-5:30 pm	9/11-10/4	\$72 / \$88	203410.11
M/W	5-5:30 pm	10/16-11/8	\$72 / \$88	203410.12
M/W	5-5:30 pm	11/13-12/11	\$72 / \$88	203410.14
Tu/Th	6-6:30 pm	9/12-10/5	\$72 / \$88	203410.21
Tu/Th	6-6:30 pm	10/17-11/9	\$72 / \$88	203410.22
Tu/Th	6-6:30 pm	11/14-12/12	\$72 / \$88	203410.23

#### 10, 30 minute classes no class 10/8

Su	10-10:30 am	9/10-11/19	\$90 / \$110	203410.70
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## Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

### 6, 45 minute classes

no class 10/7, 11/25

Sa	8:45-9:30 am	9/9-10/21	\$81 / \$99	203510.60
Sa	8:45-9:30 am	10/28-12/9	\$81 / \$99	203510.61

### 10, 45 minute classes

no class 10/8

Su	9:15-10 am	9/10-11/19	\$135 / \$165	203510.70
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## » Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

## Beginner Age 5-16

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

### 6, 30 minute classes

no class 11/24

F	4-4:30 pm	9/15-10/20	\$54 / \$66	203810.50
F	4:30-5 pm	9/15-10/20	\$54 / \$66	203810.51
F	4-4:30 pm	10/27-12/8	\$54 / \$66	203810.52
F	4:30-5 pm	10/27-12/8	\$54 / \$66	203810.53

## Advanced Age 5-16

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

### 6, 30 minute classes

no class 11/24

F	5-5:30 pm	9/15-10/20	\$54 / \$66	203910.50
F	5-5:30 pm	10/27-12/8	\$54 / \$66	203910.51



Competitive swimmers enjoy our Stroke Developmental programs.

## » Stroke Development & Preparedness

Swimmers in the Fall, Winter and Spring sessions will have the opportunity to participate in a meet sometime during the season. Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

## Youth Developmental 1 Age 5-16

Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

### 7, 45 minute classes

no class 10/9

M	2:15-3 pm	9/11-10/30	\$84 / \$105	204110.11
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### 10, 45 minute classes

no class 10/8

Su	11:30 am-12:15 pm	9/10-11/19	\$120 / \$150	204110.70
Su	4-4:45 pm	9/10-11/19	\$120 / \$150	204110.71
Su	5:30-6:15 pm	9/10-11/19	\$120 / \$150	204110.72

### 12, 45 minute classes

no class 10/7, 11/25

Sa	11:45 am-12:30 pm	9/9-12/9	\$144 / \$180	204110.61
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## Youth Developmental 2 Age 5-16

Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and backstroke without stopping, plus 25 yards each of legal butterfly and breaststrokes.

### 10, 45 minute classes

no class 10/8

Su	10:45-11:30 am	9/10-11/19	\$120 / \$150	204210.70
Su	4:45-5:30 pm	9/10-11/19	\$120 / \$150	204210.71
Su	6:15-7 pm	9/10-11/19	\$120 / \$150	204210.72

### 12, 45 minute classes

no class 10/7, 11/25

Sa	11-11:45 am	9/9-12/9	\$144 / \$180	204210.60
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# Birthday Parties

at the Herndon Community Center



**Call to Schedule your Party TODAY!**  
703-787-7300

**Land - Pool Party Packages Available**  
All parties offer 75 minutes of an activity and an hour in the party room.

# Diving Guidelines

## Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

## Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

## Diving 2

Successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive
- » Instructor permission recommended

## High School Prep Diving

Instructor permission and successful completion of Diving 2 or the ability to:

- » Compete on a dive team
- » Swim 25 yards
- » Forward optional dives (flips)
- » Back and inward dives
- » Instructor permission is required

## » Diving

### Introduction to Diving Age 7-14

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

6, 30 minute classes no class 11/23

Tu	5:15-5:45 pm	9/12-10/17	\$54 / \$72	204510.20
Tu	5:15-5:45 pm	11/7-12/12	\$54 / \$72	204510.21
Th	5:15-5:45 pm	9/14-10/19	\$54 / \$72	204510.40
Th	5:15-5:45 pm	10/26-12/7	\$54 / \$72	204510.41

### Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

6, 45 minute classes no class 11/23

Tu	5:45-6:30 pm	9/12-10/17	\$81 / \$108	204610.20
Tu	5:45-6:30 pm	11/7-12/12	\$81 / \$108	204610.21
Th	5:45-6:30 pm	9/14-10/19	\$81 / \$108	204610.40
Th	5:45-6:30 pm	10/26-12/7	\$81 / \$108	204610.41

## FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 to schedule an evaluation at no charge.

Be Active

### Diving 2 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

6, 60 minute classes no class 11/23

Tu	6:30-7:30 pm	9/12-10/17	\$108 / \$144	204710.20
Tu	6:30-7:30 pm	11/7-12/12	\$108 / \$144	204710.21
Th	6:30-7:30 pm	9/14-10/19	\$108 / \$144	204710.40
Th	6:30-7:30 pm	10/26-12/7	\$108 / \$144	204710.41

### High School Prep Diving Age 13-18

This intensive class will help get youth get ready for the high school diving season. The completion of Diving 2 or equivalent is required.

7, 60 minute classes

Th	7:30-8:30 pm	9/14-10/26	\$126 / \$168	204910.40
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Our divers work on a spring board in the deep water area.

## Welcome Jim!

### New Pool Operations Manager



Jim Heffel is our new Pool Operation Manager who loves the water, both flat and wavy. Jim has trained hundreds of lifeguards during his aquatics career spanning over 20 years.

He has held just about every aquatics position known to mankind, including sharks & minnows extraordinaire. In his spare time he enjoys the outdoors, especially basking in the sun on a sandy beach with his kids. His goal is to support the HCC staff and patrons by providing a welcoming experience for all.





Adult Beginner to Master classes available.

## » Adult

### Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

#### 6, 45 minute classes

#### no class 10/7, 10/9, 11/25

M	10:15-11 am	9/11-10/23	\$78 / \$96	206130.10
M	10:15-11 am	10/30-12/4	\$78 / \$96	206130.11
Sa	10:30-11:15 am	9/9-10/21	\$78 / \$96	206130.60
Sa	10:30-11:15 am	10/28-12/9	\$78 / \$96	206130.61
Sa	12-12:45 pm	9/9-10/21	\$78 / \$96	206130.62
Sa	12-12:45 pm	10/28-12/9	\$78 / \$96	206130.63

#### 10, 45 minute classes

#### no class 10/8

Su	11:15 am-12 pm	9/10-11/19	\$130 / \$160	206130.70
Su	9:45-10:30 am	9/10-11/19	\$130 / \$160	206130.71

### Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

#### 6, 45 minute classes

#### no class 10/7, 10/9, 11/25

M	9:30-10:15 am	9/11-10/23	\$78 / \$96	206230.10
M	9:30-10:15 am	10/30-12/4	\$78 / \$96	206230.11
Sa	11:15 am-12 pm	9/9-10/21	\$78 / \$96	206230.60
Sa	11:15 am-12 pm	10/28-12/9	\$78 / \$96	206230.61

#### 10, 45 minute classes

#### no class 10/8

Su	10:30-11:15 am	9/10-11/19	\$130 / \$160	206230.70
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## » Aquatic Extras

### Lifeguard Training Class Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a precourse swimming test to remain in the course. The precourse test includes: a 300 yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course.

#### 3, 10 hour classes

M-W	8 am-6 pm	12/18-12/20	\$286 / \$346	207230.60
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### Lifeguard Review Class Age 15 & up

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of class and complete the prerequisite swim test. Students must attend all class sessions to pass this course.

#### 2, 8 hour classes

Th/F	9 am-5 pm	12/21-12/22	\$150 / \$150	207230.62
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**Need a few pointers  
on your strokes?  
Want to get a workout plan?**

**Come to our Adult  
Stroke Clinic!**

**TUESDAYS starting 9/5 12-1PM**

**Get tips and workouts  
from one of our experienced instructors.  
Daily admission fee applies.**

## MASTERS SWIM TEAM

Come and get a **great workout** with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 Drop-in fee per practice). **Age 18 & up**

#### 38, 60 minute classes

#### no class 10/9, 11/23

M/Tu/Th	8:30-9:30 pm	9/11-12/7	\$152 / \$190	206630.10
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## » Aquatic Fitness

**Power Splash** Age 16 & up

Fun and energetic class that uses a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

12, 60 minute classes no class 11/24

F	8-9 am	9/15-12/8	\$108 / \$132	208230.50
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**Therapeutic Water Workout** Age 16 & up

Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled shoes are recommended.

26, 60 minute classes no class 11/23

Tu/Th	10-11 am	9/12-12/12	\$234 / \$286	208330.20
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**Senior Water Aerobics** Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

12, 60 minute classes no class 11/24

F	9-10 am	9/15-12/8	\$108 / \$132	208440.50
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25, 60 minute classes no class 10/9, 11/22

M/W	9-10 am	9/11-12/11	\$225 / \$275	208440.10
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**Water Aerobics** Age 16 & up

The total water workout combines both toning exercises, as well as aerobic conditioning, to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

26, 60 minute classes no class 11/23

Tu/Th	9:30-10:30 am	9/12-12/12	\$234 / \$286	208530.20
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**Water Walking** Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

25, 60 minute classes no class 10/9, 11/22

M/W	8-9 am	9/11-12/11	\$225 / \$275	208630.10
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Water-walking builds muscle and improves cardiovascular health.



Water exercise classes provide a low impact workout.

**Deep Water 1** Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

11, 60 minute classes no class 10/7, 11/25

Sa	8-9 am	9/16-12/9	\$99 / \$121	208730.60
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25, 60 minute classes no class 10/9, 11/22

M/W	6:30-7:30 pm	9/11-12/11	\$225 / \$275	208730.10
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26, 60 minute classes no class 11/23

Tu/Th	8:30-9:30 am	9/12-12/12	\$234 / \$286	208730.20
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**Deep Water 2** Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

25, 60 minute classes no class 10/9, 11/22

M/W	7:30-8:30 pm	9/11-12/11	\$225 / \$275	208830.10
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26, 60 minute classes no class 11/23

Tu/Th	7:30-8:30 am	9/12-12/12	\$234 / \$286	208830.20
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**Aqua ZUMBA™** Age 16 & up

Make a splash and join our "pool party" workout for all ages! Aqua ZUMBA™ is a safe, effective and challenging water-based workout that integrates the ZUMBA™ formula and philosophy into traditional aqua fitness disciplines.

12, 60 minute classes no class 11/23

Th	7:30-8:30 am	9/14-12/7	\$117 / \$143	208930.40
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**HCC Admission Specials**

**\$2**

**TUESDAYS**  
(for seniors 65+)  
All Day

**\$5**

**FRIDAYS**  
(from 12:00-9:30pm)  
All Ages



AGE 4 & UP



PACKET PICK-UP 1:30-3:30PM  
RACE STARTS AT 4:00PM

## Saturday, November 18

Herndon Parks and Recreation Department is hosting the annual Turkey Trot 5K. Come out and enjoy a trail course 5K with the family! The race will begin at 4:00pm on November 18. Packet pick-up and race day registration will run from 1:30-3:30pm. Long sleeve Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. T-shirts must be picked up the day of the race.

Prizes to 1st and 2nd place winners in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. A turkey and all the trimmings will be given to the overall male and female winners.

## REGISTRATION

Registration forms will be available online and at the Herndon Community Center in late September.

**Online registration is available at**  
[herndon-va.gov/recreation](http://herndon-va.gov/recreation) & [Active.com](http://Active.com).

**PRE-REGISTRATION:** (Ends 12pm on November 17)  
\$30 and a can of food for donation

### RACE DAY REGISTRATION:

**Adults:** \$35 and a can of food for donation 257150.60 Age 19 & up

**Youth:** \$20 and a can of food for donation 257150.61 Age 18 & under

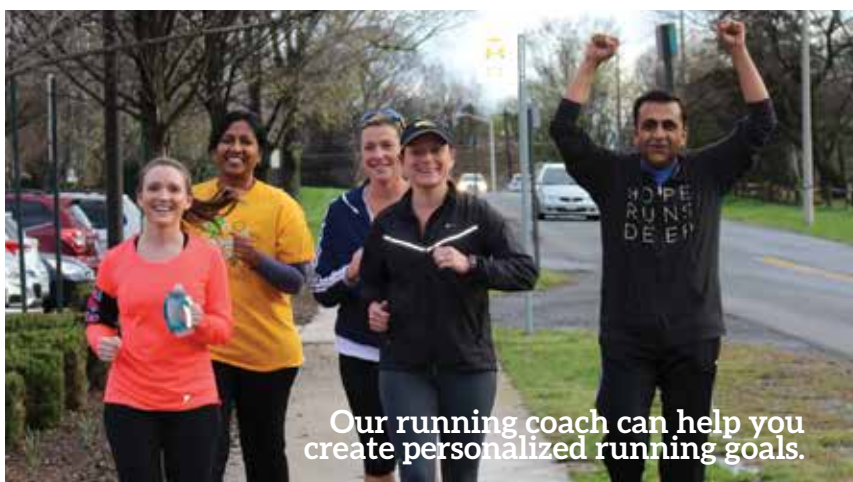
**ALL FOOD WILL BE  
DONATED TO LINK.**

**START TRAINING TODAY!**

## TURKEY TROT 5K Training

**TUESDAYS** 9/5-11/14  
6:00-7:15 PM \$151 / \$173

Whether you're looking to finish your first 5k race, or improve on your personal best time, this training program will help you achieve your goal. Meet with a running coach weekly to work on running technique, building endurance, proper form, and strength gain. This class meets outdoors so please dress accordingly, including proper running shoes and attire. The first class will meet in the community center lobby and the following classes will meet outdoors. Reflective gear/flashlights/blinking safety lights and/or headlamps encouraged as the evenings grow darker. Race registration for the 2017 Turkey Trot included in cost of program. **AGE 16 & UP** 227230.20



Our running coach can help you create personalized running goals.

**NEW!**

## RUN FOR FUN

**CALLING ALL RUNNERS!** Join us for a weekly run led by a certified running coach to maintain your fitness level throughout the fall. When life gets busy, you will have a coach and supportive running group to hold you accountable for a fun and stress-free weekly run. We will discuss the basics of running, easy ways to add running into your exercise routine, and setting realistic goals. Weekly distance goals will be set by the coach. The first class will meet in the community center lobby and subsequent classes will meet outdoors. Please dress for the weather and wear appropriate running footwear and attire. Reflective gear/flashlights/blinking safety lights and/or headlamps encouraged as the evenings grow darker.

**WEDNESDAYS** 9/6-11/15 6-7:15PM  
\$121 / \$143 220130.30 Age 16 & up

## PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

### The Big Downsize Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out—such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment. If you have advanced to a more challenging workout, please register for the Monday Circuit Breaker class.

#### 15, 60 minute classes

M	7-8 pm	9/11-12/18	\$128 / \$165	220230.10
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#### 16, 60 minute classes

W	7-8 pm	9/6-12/20	\$136 / \$175	220230.30
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### Circuit Breaker Age 16 & up

Amp up your workout in this electrifying circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and cardio, which target strength building, improve agility and muscular endurance. This class is also the next level up for those that have progressed through The Big Downsize or are already at an intermediate/advanced level. Get ready to break a sweat!

#### 15, 60 minute classes

M	6-7 pm	9/11-12/18	\$128 / \$165	220530.10
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### Fit Boxing Age 16 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life. Please bring wraps and bag gloves (MMA gloves are fine).

#### 15, 60 minute classes no class 11/23

Th	7:40-8:40 pm	9/7-12/21	\$128 / \$165	220330.40
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### Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Designed for a small group by our trainers, come mix it up with this total-body circuit.

#### 14, 60 minute classes no class 10/9

M	12-1 pm	9/11-12/18	\$119 / \$154	220730.10
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#### 15, 60 minute classes no class 11/23

Tu	12-1 pm	9/5-12/19	\$128 / \$165	220730.20
Th	12-1 pm	9/7-12/21	\$128 / \$165	220730.40

#### 16, 60 minute classes

W	12-1 pm	9/6-12/20	\$136 / \$175	220730.30
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### Morning Buzz Age 16 & up

Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you'll feel all day.

#### 16, 60 minute classes

W	6:15-7:15 am	9/6-12/20	\$136 / \$175	220930.30
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#### 15, 60 minute classes

F	6:15-7:15 am	9/8-12/22	\$128 / \$165	220930.50
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### TRX Suspension Training Age 16 & up

TRX provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had while allowing modifications for all ages and levels. The beginner class allows for longer transition times, pace, and additional modifications.

#### BEGINNER

#### 14, 45 minute classes

F	9:30-10:15 am	9/8-12/22	\$119 / \$154	222430.51
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#### INTERMEDIATE/ADVANCED

#### 15, 45 minute classes

Tu	7-7:45 pm	9/5-12/19	\$128 / \$165	222430.20
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#### 14, 30 minute classes

F	12:30-1 pm	9/8-12/22	\$105 / \$135	222430.50
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### Teacher Small Group Training Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school. Open to non-teachers!

#### 14, 60 minute classes

M	4:15-5:15 pm	9/11-12/18	\$119 / \$154	222530.11
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#### 15, 60 minute classes

W	4:45-5:45 pm	9/6-12/20	\$128 / \$165	222530.32
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### Cyclist Cross-training Age 16 & up

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

#### 15, 60 minute classes

Tu	6-7 pm	9/5-12/19	\$128 / \$165	222850.20
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NEW!

### Mix It Up Age 16 & up

When was the last time you changed up your workout? Mix it up in this strength training class that incorporates all the fun equipment in the semi-private personal training studio. Use kettlebells, TRX suspension trainers, BOSUs, ViPRs, and other functional tools to sculpt lean muscle and build core strength.

#### 15, 60 minute classes

Th	6:30-7:30 pm	9/7-12/21	\$128 / \$165	221431.40
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# Be Dedicated

## » Active Adult Classes

\*Now all in a 55 minute format

### Balance Training Age 55 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

15, 55 minute classes no class 11/7, 11/23

Tu	9:30-10:25 am	9/5-12/19	\$90 / \$116	221730.20
Th	9:30-10:25 am	9/7-12/21	\$90 / \$116	221730.40

### Strength Circuit Age 55 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

14, 55 minute classes no class 10/9

M	9:30-10:25am	9/11-12/18	\$84 / \$108	221940.10
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15, 55 minute classes no class 11/23

Th	9:30-10:25am	9/7-12/21	\$90 / \$116	221940.40
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### Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout. The Advanced class participants must have prior approval from the instructor.

14, 55 minute classes no class 10/9

M	8:30-9:25 am	9/11-12/18	\$84 / \$108	221830.10
M	9:30-10:25 am	9/11-12/18	\$84 / \$108	221830.11

16, 55 minute classes New time on Wednesday

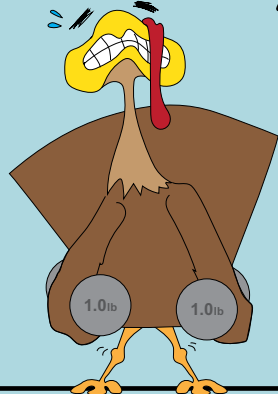
W	9:30-10:25 am	9/6-12/20	\$96 / \$124	221830.31
W	6-6:55 pm	9/6-12/20	\$96 / \$124	221830.32

NEW! ADVANCED

16, 55 minute classes

W	8:30-9:25 am	9/6-12/20	\$96 / \$124	221830.30
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"Burn the Bird"



**BodyPump™**  
10am  
&  
**ZUMBA®**  
11:15am

**FRIDAY, NOVEMBER 24**

NOR

## » Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you, and support you so that you may reach your desired fitness goals!



Jane G.



Karen



Jose



Stephen



Jane N.



Caryn



LeeAnn

### 3-SESSION STARTER PACK\*

\*New training clients only

30 minute sessions

3 workouts \$99 / \$124

### ONE-ON-ONE PERSONAL TRAINING

30 minute sessions

1 workout \$36 / \$45  
6 workouts \$180 / \$225  
10 workouts \$244 / \$305

45 minute sessions

1 workout \$47 / \$59  
6 workouts \$237 / \$296  
10 workouts \$349 / \$436

60 minute sessions

1 workout \$64 / \$80  
6 workouts \$317 / \$396  
10 workouts \$462 / \$578

### TWO-ON-ONE PARTNER TRAINING

(Pricing is PER PERSON)

60 minute sessions

1 workout \$34 / \$43  
6 workouts \$190 / \$238  
10 workouts \$300 / \$375

### Teen Personal Training: Intro to Strength Training

45 minute sessions

6 workouts \$190 / \$224

Training designed with adolescents in mind. Teens will learn strength training techniques, exercise intensity, frequency and duration. Students will be given a Youth Fitness ID, which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). By appointment only. Please contact the Head Fitness Trainer to schedule 703-435-6800 x2131.

## FALL 2017 DROP-IN EXERCISE CLASS SCHEDULE

<b>MON.</b>		<b>Body Blaster Circuit</b> 9:25-10:25am		 5:30-6:30pm	 6:40-7:40pm	 6:45-7:45pm
<b>TUE.</b>	 6:00-7:00am	<b>Cardio-Sculpt Interval</b> 9:30-10:30am	<b>Ab Express</b> 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm	 6:40-7:40pm
<b>WED.</b>		<b>Body Blaster Circuit</b> 9:25-10:25am		 5:00-6:00pm	 6:00-7:00pm	 7:10-8:10pm
<b>THR.</b>	 6:00-7:00am	<b>Cardio-Sculpt Interval</b> 9:30-10:30am	<b>Ab Express</b> 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm	 6:40-7:40pm
<b>FRI.</b>	<b>Fit-Mix</b> 9:10-10:10am	 5:25-6:25pm	<p>» Instructor subject to change during the season.</p> <p>» <b>Please do not enter a class more than ten minutes past the scheduled start time.</b></p> <p>» Drop-In Exercise classes are designed for age 16 &amp; up.</p> <p>» Please consult your doctor prior to starting any exercise program.</p> <p>» Some classes may reach capacity or have limited specialty equipment available.</p> <p><b>No class 9/17, 10/7, 10/8, 10/27, 11/7, 11/23, 11/24, 12/3</b></p>			
<b>SAT.</b>	 10:15-11:15am	 11:30am-12:30pm				
<b>SUN.</b>	 9:00-10:00am					

» Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates.

» Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.



Use your smart phone to scan or go online to <http://bit.ly/dropfit> for the most up-to-date Drop-In Fitness Schedule.

SCHEDULE EFFECTIVE TUESDAY, SEPTEMBER 5 - SATURDAY, DECEMBER 23

## » Drop-In Exercise

### Body Blaster Circuit Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:25-10:25 am

### Cardio/Sculpt Intervals Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30 am **no class 11/7, 11/23**

### Ab Express Age 16 & up

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1 pm **no class 11/7, 11/23**

### Fit-Mix Age 16 & up

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness, slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind.

F 9:10-10:10 am **no class 11/24**



Love to dance? Try a ZUMBA class.

**Take advantage of the free drop-off babysitting service run by our friendly staff.**

## Kid Care

### MORNING:

M/W 9-11:30am  
Tu/Th 9am-12pm

### EVENING:

M/Tu 5:30-8:15pm  
W/Th 5-8pm  
F 5:15-7pm

Children 10 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

**Note:** Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.





AGE 16 & up

**BODYPUMP™** is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total body workout that burns lots of calories. The rep effect - a scientifically proven Les Mills formula - is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

M 6:40-7:40 pm  
 Tu 6:40-7:40 pm  
 W 6:00-7:00 pm  
 Th 6:40-7:40 pm  
 Sa 10:15-11:15 am

No class 10/7, 11/7, 11/23



AGE 16 & up

**BODYCOMBAT™** is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Tu/Th 5:30-6:30 pm  
 W 7:10-8:10 pm  
 Su 9-10 am

No class 9/17, 10/8, 11/7, 11/23, 12/3



**BOOT CAMP FOR WOMEN & MEN**  
*Dedication, Determination, Motivation and Fun*

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

**Other locations:** Check our updated listing on [www.FIResults.com](http://www.FIResults.com) or call **1-877-62SHAPE (877-627-4273)** for more information. Guaranteed Results!



AGE 16 & up

Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M 5:30-6:30 pm Th 6-7 am  
 M 6:45-7:45 pm Th 5:30-6:30 pm  
 Tu 6-7 am F 5:25-6:25 pm  
 Tu 5:30-6:30 pm Sa 11:30 am-12:30 pm  
 W 5-6 pm

No class 10/7, 10/27, 11/7, 11/23, 11/24



**FRIDAY, NOVEMBER 17**  
**7:30-9PM**

Join us as we go 80's old skool. Come in your best 80's outfit and dance with the most excellent instructors to some rad 80's tunes! Costume prizes, Refreshments, Door Prizes. **Totally!**

**226830.50**

Register early and get discounted admission. All proceeds benefit the Parks and Recreation Scholarship Fund, which enables those who are unable to participate in programs or camps. *Price goes up to \$15 at the door.*



Increase strength, flexibility, balance, and coordination through yoga.

## Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 60 minute classes no class 11/22

M	2:30-3:30 pm	9/11-11/27	\$99 / \$128	230040.10
W	2:30-3:30 pm	9/13-12/6	\$99 / \$128	230040.30

## Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 90 minute classes no class 11/23

M	7-8:30 pm	9/11-11/27	\$112 / \$144	230130.10
Th	7-8:30 pm	9/14-12/7	\$112 / \$144	230130.40

## Hatha Yoga Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

11, 90 minute classes No class 10/8, 10/15, 11/26, 12/3

Su	1-2:30 pm	9/10-12/17	\$103 / \$133	230330.00
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## Hatha Yoga For Kids Age 5-15

This children's class, designed for ages 5-15, is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

11, 45 minute classes No class 10/8, 10/15, 11/26, 12/3

Su	2:45-3:30 pm	9/10-12/17	\$72 / \$93	230430.00
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## Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

12, 60 minute classes no class 11/24

F	11:30 am-12:30 pm	9/15-12/8	\$99 / \$128	231030.50
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## Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 60 minute classes no class 10/7, 11/22, 11/25

Sa	9-10 am	9/9-12/9	\$99 / \$128	231130.60
W	10:45-11:45 am	9/13-12/6	\$99 / \$128	231130.30

## Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

12, 60 minute classes no class 10/31

M	8:15-9:15 pm	9/11-11/27	\$112 / \$144	231131.10
Tu	8:15-9:15 pm	9/12-12/5	\$112 / \$144	231131.20

## Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.







Martial arts builds self-esteem and improves physical conditioning.

## **Tae Kwon Do** Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions held at the Herndon Community Center.

### 11, 30 minute classes no class 10/27, 11/24

F	6-6:30 pm	9/15-12/8	\$105 / \$135	272000.50
F	6:30-7 pm	9/15-12/8	\$105 / \$135	272000.51

### 12, 30 minute classes no class 10/7, 11/25

Sa	1:40-2:10 pm	9/9-12/9	\$115 / \$148	272000.60
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## **Intro to Tae Kwon Do** Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

### 12, 60 minute classes

W	6-7 pm	9/13-11/29	\$79 / \$102	272110.40
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## **Shotokan Karate** Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable workout clothes. An optional test for rank will be given at the end of the session for an additional fee.

### 11, 60 minute classes no class 10/27, 11/24

F	7:05-8:05 pm	9/15-12/8	\$61 / \$79	272250.50
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## Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. Monday-Friday | 6-7:15am

## **Kendo Fundamentals** Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact [john.walsh@herndon-va.gov](mailto:john.walsh@herndon-va.gov).

### 12, 60 minute classes no class 10/8, 11/26, 12/3

Su	10-11 am	9/10-12/17	\$44 / \$57	272450.01
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## **Kendo** Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

### 11, 90 minute classes no class 10/27, 11/24

F	8:15-9:45 pm	9/15-12/8	\$58 / \$75	272550.51
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### 12, 90 minute classes no class 10/8, 11/26, 12/3

W	8:20-9:50 pm	9/13-11/29	\$63 / \$81	272550.30
Su	11:15 am-12:45 pm	9/10-12/17	\$63 / \$81	272550.70



All ages and levels can participate in our Kendo classes.

## **Iaido** Age 18 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

### 12, 60 minute classes no class 10/8, 11/26, 12/3

Su	10-11 am	9/10-12/17	\$44 / \$57	272650.01
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## **Fencing** Age 9 & up

The sport of fencing is suitable for all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

### 12, 2 hour classes no class 10/8, 11/26, 12/3

Su	4-6 pm	9/10-12/17	\$115 / \$148	272750.70
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All dance classes welcome both boys and girls.

## NEW! Twinkle Toes Age 12-24 months

This parent (or caring adult)/child class is designed to encourage gross motor development through dance presented in a fun, playful atmosphere.

12, 45 minute classes no class 11/23

Th	9-9:45am	9/14-12/7	\$87 / \$112	241100.41
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## Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute classes no class 10/7, 11/25

M	10-10:45 am	9/11-11/27	\$87 / \$112	241100.11
M	5:30-6:15 pm	9/11-11/27	\$87 / \$112	241100.12
W	10-10:45 am	9/13-11/29	\$87 / \$112	241100.31
Sa	9:30-10:15 am	9/9-12/9	\$87 / \$112	241100.61

## Ballet Age 3-6

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

12, 45 minute classes no class 10/7, 11/23

### Beginning Age 3-5

W	11-11:45 am	9/13-11/29	\$87 / \$112	241210.31
Sa	10:15-11 am	9/9-12/9	\$87 / \$112	241210.61
Sa	1:30-2:15 pm	9/9-12/9	\$87 / \$112	241210.62

### Intermediate Age 3-5

Sa	11-11:45 am	9/9-12/9	\$87 / \$112	241210.64
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### Intermediate/Advanced Age 4-6

W	2-2:45 pm	9/13-11/29	\$87 / \$112	241210.33
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### Advanced Age 5-8

Sa	11:45 am-12:30pm	9/9-12/9	\$87 / \$112	241210.65
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## NEW! Tiny Ballet/Jazz/Hip Hop Age 3-5

In this dance class, basic Hip Hop Jazz techniques are introduced. Students will learn ballet and dance with stylization of today's popular music.

12, 60 minute classes no class 11/23

Th	11 am-12 pm	9/14-12/7	\$87 / \$112	241220.41
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Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center.

Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200

## Combination Dance Age 3-8

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm.

12, 60 minute classes

no class 10/7, 11/23

### Beginning Age 3-5

M	10:45-11:45 am	9/11-11/27	\$87 / \$112	244210.11
Th	10-11 am	9/14-12/7	\$87 / \$112	244210.41
Sa	12:30-1:30 pm	9/9-12/9	\$87 / \$112	244210.61

### Beginner/Intermediate Age 5-8

M	4:30-5:30 pm	9/11-11/27	\$87 / \$112	244210.13
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### Intermediate/Advanced Age 3-5

M	1-2 pm	9/11-11/27	\$87 / \$112	244210.12
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## Ballet/Tap/Jazz Age 5-12

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 60 minute classes

no class 10/7, 11/25

### Beginner/Intermediate Ages 5-8

Sa	2:15-3:15 pm	9/9-12/9	\$87 / \$112	242610.61
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### Intermediate/Advanced Age 8-12

Sa	3:15-4:15 pm	9/9-12/9	\$87 / \$112	242610.62
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## Hip-Hop Age 4-13

Fun and upbeat style of dance focusing on coordination and strength. Hip Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 60 minute classes

no class 11/23

### Beginner Age 4-6

Th	4:30-5:30 pm	9/14-12/7	\$87 / \$112	245310.41
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### Intermediate Age 6-8

Th	5:30-6:30 pm	9/14-12/7	\$87 / \$112	245310.42
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### Intermediate/Advanced Age 8-13

W	5-6 pm	9/13-11/29	\$87 / \$112	245310.31
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## NEW! Ballet/Jazz/Hip Hop Age 11-15

In this dance class, ballet and jazz instruction focus on a warm up to strengthen and stretch the muscles and basic terminology mastering the combinations. Designed for those with little or no experience.

12, 60 minute classes

W	6-7 pm	9/13-11/29	\$87 / \$112	245320.31
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Dance classes develop coordination and creativity.



## » Adult

### Adult Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 90 minute classes

no class 11/23

Th	6:30-8 pm	9/14-12/7	\$134 / \$173	241230.41
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### Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

24, 60 minute classes

M/W	12-1 pm	9/13-12/4	\$174 / \$224	244030.11
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### Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing and waltz. Class will also cover the novelty dances Macarena and the Electric Slide. Next time you go to a wedding or party, you will know just what to do!

12, 60 minute classes

W	7-8 pm	9/13-11/29	\$87 / \$112	241231.31
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Dance Survival Class teaches basic dance steps for several styles.

## This one is for you adults.

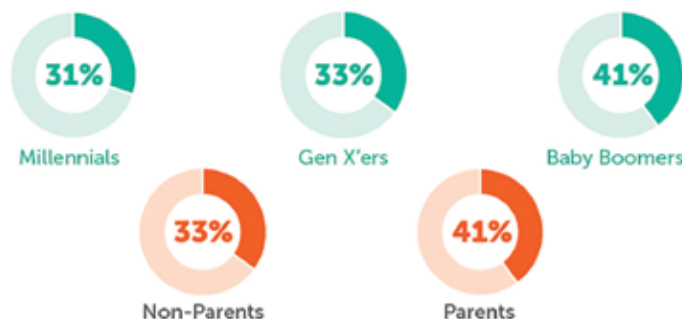
Research shows that outdoor play increases fitness levels and builds active, and healthy bodies. Playing outdoors is also proven to relieve stress and enhance social interactions in all ages. Every household in the Town of Herndon is a quarter-mile from a park.

## Most Americans Dedicate Time Each Week to Outdoor Play

A Park Pulse poll conducted by the National Recreation and Park Association (NRPA) asked 1,013 Americans ages 18+ how many hours per week on average, if any, they are active outdoors — including any outdoor activities they do for fun, such as walking, hiking, biking and swimming.



Baby Boomers and parents are more likely to spend more than an hour a day on average playing outdoors.



**Get outdoors and**  
*Be... Active, Playful, and Healthy.*

**Take advantage of the free drop-off babysitting service run by our friendly staff.**

## Kid Care

### MORNING:

M/W 9-11:30am  
Tu/Th 9am-12pm

### EVENING:

M/Tu 5:30-8:15pm  
W/Th 5-8pm  
F 5:15-7pm

Children 10 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

**Note:** Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

# GYMNASTICS

*Be Flexible*

## Kiddie Play Zone Age 1-5

Bring your toddler, and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym. Parents supervise their own children. \$5 drop-in fee.

### 7, 60 minute classes

W	10:30-11:30 am	10/4-11/15	\$28 / \$28	269800.30
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## Gymnastics Parent Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, focused on age appropriate movements, games and equipment. Participation will enhance your child's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

### 12, 45 minute classes no class 10/7, 11/18, 11/23, 11/25

M	9:30-10:15 am	9/11-11/27	\$84 / \$108	270000.10
Th	9:30-10:15 am	9/14-12/7	\$84 / \$108	270000.40
Sa	9-9:45 am	9/9-12/16	\$84 / \$108	270000.60

## Munchkateers 1 Age 3-4

This class will focus on beginning gymnastics terms and age appropriate coordination activities. Each week the class will be taught the fundamental gymnastic terms and skills (ie: point toes, flex toes, straight legs, forward rolls, etc). Instructors will also lead participants through fitness and coordination obstacles, as well as engage in age appropriate games and activities. No experience necessary, child must be able to separate from parent and follow group instruction.

### 12, 45 minute classes no class 10/7, 11/18, 11/23, 11/25

M	10:30-11:15 am	9/11-11/27	\$84 / \$108	270100.10
W	1-1:45 pm	9/13-11/29	\$84 / \$108	270100.30
Th	10:30-11:15 am	9/14-12/7	\$84 / \$108	270100.40
Sa	10-10:45 am	9/9-12/16	\$84 / \$108	270100.60

## Munchkateers 2 Age 4-6

This class will focus on beginning gymnastics terms and age appropriate coordination activities. Each week the class will be taught the fundamental gymnastic terms and more challenging gymnastic skills. These skills will assist in advancing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

### 12, 45 minute classes no class 10/7, 11/18, 11/23, 11/25

M	11:30 am-12:15 pm	9/11-11/27	\$84 / \$108	270200.10
W	2-2:45 pm	9/13-11/29	\$84 / \$108	270200.30
Th	11:30 am-12:15 pm	9/14-12/7	\$84 / \$108	270200.40
Sa	11-11:45 am	9/9-12/16	\$84 / \$108	270200.60

## Young Beginner Age 5-12

This class is designed as a transition program to the Level gymnastics classes. The program will include instruction in floor exercise, balance beam, uneven bars, and vaulting. Participants will learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. No experience necessary, but must be able to follow group instruction and learn gymnastics terminology.

### 12, 45 minute classes no class 10/7, 11/18, 11/23, 11/25

M	5:30-6:15 pm	9/11-11/27	\$84 / \$108	270310.10
Th	4:45-5:30 pm	9/14-12/7	\$84 / \$108	270310.40
Sa	12-12:45 pm	9/9-12/9	\$84 / \$108	270310.60

## Level 1 Age 6-13

No experience necessary, but must be able to demonstrate a forward roll, elementary cartwheel rotation, a bridge on the floor, squat and straddle position on the vault, jump mount and forward dismount on the low bar, and forward walk on the high beam. Advancement to the Level 2 program is based on obtaining the required skills and correct form.

### 12, 90 minute classes no class 10/7, 11/18, 11/23, 11/25

M	6:30-8 pm	9/11-11/27	\$126 / \$163	270410.10
Th	5:30-7 pm	9/14-12/7	\$126 / \$163	270410.40
Sa	1-2:30 pm	9/9-12/16	\$126 / \$163	270410.60

## Level 2 Age 6-13

Successful completion of Level 1 or the ability to demonstrate a cartwheel with proper form, standing round-off, handstand against the wall, backwards roll and bridge on the floor, straddle over on vault, forward dismount on high bar, and a round-off dismount on low beam, back scale for 3 seconds and walk backwards on high beam. Advancement to the Level 3 program is based on obtaining the required skills and correct form.

### 12, 90 minute classes no class 10/7, 10/31, 11/18, 11/23, 11/25

Tu	5-6:30 pm	9/12-11/28	\$126 / \$163	270510.20
Th	7-8:30 pm	9/14-12/7	\$126 / \$163	270510.40
Sa	2:30-4 pm	9/9-12/16	\$126 / \$163	270510.60

## Level 3 Age 6-13

Must be able to demonstrate running round-off rebound, handstand to bridge, standing to bridge, bridge kick-over on the floor, jump to handstand position on the vault, pullover on the bars, and straight jump as well as round-off dismount on the high beam. Enrollment with instruction permission or by try-out.

### 12, 90 minute classes no class 10/7, 10/31, 11/18, 11/25

Tu	5-6:30 pm	9/12-11/28	\$126 / \$163	270610.20
Sa	2:30-4 pm	9/9-12/16	\$126 / \$163	270610.60

## Level 4 Age 6-13

This program is for our advanced students looking to take the next step in preparing for competition level skills. Must be able to demonstrate all 3 splits, front walkover, back walkover, front handspring on the vault, pullover and back hip circle on bars, a cartwheel on low beam, tuck jump, and a front handspring dismount on the high beam. Enrollment with instruction permission or by try-out.

### 12, 90 minute classes no class 10/31

Tu	5-6:30 pm	9/12-11/28	\$126 / \$163	270710.20
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## CHEERLEADING

Age 5-12

This class is designed to introduce athletes to the fundamentals of cheerleading. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & dances, in a safe and age appropriate manner.

### 12, 45 minute classes

M	4:45-5:30 pm	9/11-11/27	\$84 / \$108	270911.10
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**BUT WAIT! SUMMER ISN'T OVER YET!**



IN DOWNTOWN **Herndon** THIS SUMMER



**KIDS WET & WILD DAY**

SATURDAY,  
AUGUST 12  
10:30 AM – 12 PM

*Town Hall Square, 730 Elden St*

Kids of all ages play water balloon  
relays and challenge each other  
in water games. **Free**

**GLOW IN THE DARK  
ACTIVITY NIGHT**

SATURDAY, AUGUST 19  
8 – 9:30 PM

*Town Hall Square, 730 Elden St*

Everyone can play glow in the  
dark bowling, ring toss  
and tic-tac-toe. **Free**



**LIMITED AVAILABILITY**

**REGISTRATION\***

July 1-August 2 \$40

August 3-September 7 \$45

September 8-15 \$50

**Sunday, September 17 8am**

*\*Registration for this event began July 1 and is ongoing if space is available.  
Register now as this event historically sells out. No race day registration.*

Detailed information & Registration are available  
online at [herndon-va.gov/recreation](http://herndon-va.gov/recreation), [active.com](http://active.com),  
and the Herndon Community Center.

Event will be held in and around the Herndon Community  
Center, swimming in the indoor pool,  
biking and running on the W&OD Trail.

AGE	SWIM	BIKE	RUN	CODE
6-8	50Y	1.1 MILES	.6 MILE	257010.10
9-11	100Y	2 MILES	1 MILE	257010.11
12-13	150Y	4 MILES	1.4 MILES	257010.12
14-16	150Y	4 MILES	1.4 MILES	257010.13

This event is designed for youth age 6-16, regardless of athletic  
ability or prior triathlon experience. The courses and distances  
were created to be achievable for all participants. Every  
participant receives a medal when he/she crosses the finish line.

Optional pre-race meeting and clinic to help kids prepare for the race  
course and transitions. Must be registered for triathlon to attend.

**Sunday, August 20 9-10am Free 257000.10**

HERNDON LABOR DAY FESTIVAL



Wine & Craft Beer Tasting

**Monday  
September 4  
11am-5pm**

SEE PAGE 36 FOR DETAILS

*NatureFest*

**SUNDAY, SEPTEMBER 24**

1:00-5:00pm

Runnymede Park - 195 Herndon Parkway

Learn more about all the wonders  
in Runnymede Park and nature  
through hands-on stations  
throughout the park, including bees,  
butterflies, web of life, live animal  
shows and arts & crafts.

Co-sponsored by Friends of  
Runnymede Park and Herndon Parks  
and Recreation Department.

Satellite parking with a passenger  
van shuttle will be available  
to/from Herndon

Police Station,  
397 Herndon  
Parkway.

**Free  
admission**

*Volunteers*

We need volunteers  
on the day of the event.

Please call 703-435-6800 x2119.



FREE

# BARK BASH

&   
POOCH PARADE

**SUNDAY,  
OCTOBER 1**

12-3pm

**TOWN HALL SQUARE**  
730 Elden Street

Fun for pups of all sizes & great way to learn  
about local resources for that furry member  
of your family. Bring your pup in costume,  
Participate in the Parade.

FREE



## DIGITAL SCAVENGER HUNT

**SATURDAY,  
OCTOBER 21**  
10:30am-12pm

Meet at Herndon Municipal Building  
777 Lynn Street

**THINK YOU KNOW DOWNTOWN  
HERNDON—THINK AGAIN!**

This digital scavenger hunt will have you  
exploring various businesses and areas in  
Downtown Herndon that you did not  
know existed. Prizes for winners who  
discover all the hidden treasures.



## Homecoming Parade "Across the World"

**Saturday, October 14 9:30am**

One of Herndon's best community events – the Herndon  
Homecoming Parade, featuring floats, local businesses and groups,  
as well as special guests. Bring a chair and support the Hornets in  
downtown Herndon along Elden St.

Call 703-435-6800 x2119 to participate in the parade or to volunteer.

## Spooktacular

**Friday, October 27**

6:30-7:30PM Games & Crafts  
7:30-8PM Show

Enjoy this annual Halloween  
tradition with ghoulish games,  
a spooky craft and a children's  
show. Event is held at the  
Herndon Community Center.  
Costumes are welcome! Fee  
covers all activities, show and a  
treat bag. Dinner on your own.



Age 3-8  
**25000.50**

**\$10** in advance  
through **October 26**

**\$15** on the day of the  
event per child

**PARENTS MUST  
ACCOMPANY  
CHILDREN AT THIS EVENT.**



## TEDDY BEAR CIRCUS PUPPET SHOW



**Monday, November 6**  
10:30-11:15am

**Age 2+**

The Big Top is popping with puppet  
performers! Rupert Ringmaster  
introduces a one ring circus full  
of surprises! These teddy bear  
performances will amaze you with  
stupendous stunts, from Fabian's  
flying trapeze to Trixie  
on her tightrope. **248000.11**

**\$4 in advance \$5 at the door.** Children  
under the age of one are free. Please  
print your receipt to use as your ticket.



**FREE**

# MOVIE NIGHT

**Lemonade Mouth, Rated G**

**Saturday, August 26**

**8pm**

Herndon Municipal Center Green,  
777 Lynn Street

**Bring a picnic or buy food from local restaurants or food trucks. Kindly refrain from bringing glass, alcohol, or pets or smoking at this event.**

*In case of severe weather, the event will be cancelled.*

## KIDS AT HOPE

Herndon is a Kids at Hope Community, believing & practicing that  
**“ALL CHILDREN ARE CAPABLE OF SUCCESS... NO EXCEPTIONS”**



## Great Family Events

### ▶ FAMILY FITNESS & FUN FEST

**Saturday, September 23**

See Page 36

### TURKEY TROT 5K RACE

**Saturday, November 18**

See Page 11

### Holiday Homes Tour

**Saturday, December 2**

**10am-4pm**

Local homes will be decorated for the holidays. Local community organizations sponsor each home. Tickets on sale starting October 30th.

Tickets \$15 before November 27th and \$20 after. Purchase tickets at Herndon Community Center, Herndon Florist, or online by visiting facebook.com/HolidayHomesTour.

### Holiday Arts & Crafts Show

**Sunday, December 3**

**10am-4pm**

**Held at the Herndon Community Center.**

Come and enjoy the holiday spirit at the annual Herndon Holiday Arts & Crafts Show. With over 80 vendors, a great place to get unique gifts, holiday decorations, and homemade items for that special someone.

**Free Admission and Parking**

### Santa, Stars, & S'mores

**Friday, December 8**

**6-7:30pm**

**Santa comes to Runnymede Park!**

Follow the luminaries to the campfire and Santa. He'll be here to chat with each child, as well as read a story. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held Sunday, December 10th at same time.

**250200.50**



**Happy Feet Soccer Age 2-5**

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

**Age 2-3****8, 30 minute classes****no class 10/7**

Sa	9:55-10:25 am	9/9-11/4	\$53 / \$68	273000.53
Sa	10:30-11 am	9/9-11/4	\$53 / \$68	273000.54
Sa	11:10-11:40 am	9/9-11/4	\$53 / \$68	273000.55

**Age 4-5****8, 30 minute classes****no class 10/7**

Sa	9:20-9:50 am	9/9-11/4	\$53 / \$68	273000.52
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**Nova Legends Soccer Age 6-12**

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

**8, 45 minute classes****no class 10/7**

Sa	11:45 am-12:30 pm	9/9-11/4	\$75 / \$97	273110.50
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**Ignite Kids Club: Multi-Sport Age 3-6**

Jr. Athletes is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

**Age 3-4****8, 30 minute classes****no class 10/8, 10/31**

Tu	5:30-6 pm	9/12-11/7	\$53 / \$68	273500.21
Su	1:35-2:05 pm	9/10-11/5	\$53 / \$68	273500.61

**Age 5-6****8, 30 minute classes****no class 10/8, 10/31**

Tu	6:05-6:35 pm	9/12-11/7	\$53 / \$68	273500.22
Su	1-1:30 pm	9/10-11/5	\$53 / \$68	273500.62

**Fit, Play, Learn Age 6-14**

This class is a comprehensive and fun physical education program that provides students with the building blocks to become physically fit and educated. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

**7, 60 minute classes**

Tu	1-2 pm	9/5-10/17	\$49 / \$63	274010.20
Tu	1-2 pm	10/24-12/5	\$49 / \$63	274010.21

**Basketball Age 8-12**

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

**8, 60 minute classes****no class 10/27**

M	5:30- 6:30 pm	9/11-10/30	\$80 / \$103	276010.10
F	6:30- 7:30 pm	9/15-11/10	\$80 / \$103	276010.60

**Racquetball League Age 18 & up**

Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to use during the regular season. Registration deadline is Friday, September 8th. First week of play begins on Sunday, September 17th. League director reserves the right to combine divisions if necessary. For more information, please call 703-435-6800 ext. 2106.

**Advanced Division**

9/17-12/17	\$63 / \$81	278030.10
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**Intermediate Division**

9/17-12/17	\$63 / \$81	278030.20
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**Fall 2017 Open Gym Schedule**

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm				11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm	7:30-10:00pm		7:30-10:00pm	

Friday evening open gym may be cancelled for events.

Youth = Age 17 & under and Teen = Age 13-17.

This schedule is subject to change - check monthly schedule.

Adult Open Gym Adult Basketball Adult Volleyball  
Teen Open Gym Youth Open Gym



**See our  
Kids' Tri  
on page 21**



# RATTLERS' WRESTLING

**Grades 1<sup>st</sup> – 8<sup>th</sup> : COED**

**Registration deadline:  
November 15, 2017**

**NEW  
COACHING  
STAFF\***

Each wrestler must register separately with USA Wrestling to participate.

Rattlers' wrestling is a way to introduce youngsters to the sport of wrestling and prepare them for high school wrestling. The program will focus on: **Skill development, sportsmanship, teamwork, fitness, and FUN!** Kids will improve their balance and coordination along with their strength, agility, speed and mental toughness. In addition, it is one of the best cross-training sports for other athletic activities. Kids are paired with classmates of similar size, age and ability. **Informational parent meeting will be held November 1 at 7pm at the Herndon Community Center.**



## PRACTICE SCHEDULE

*Held at South Lakes High School*

**11/14-2/22**

*Schedule subject to change.*

### GRADES 1<sup>ST</sup> – 3<sup>RD</sup> (COED)

Wednesday 6:00-7:30pm  
& Thursday 6:00-7:15pm  
\$95 / \$123 275110.10

### GRADES 4<sup>TH</sup> – 8<sup>TH</sup> (COED)

Tuesday 6:00-7:30pm  
& Thursday 7:15-8:15pm  
\$95 / \$123 275110.11

*Regular season competitions take place early December – February on Saturdays. The end of the season regional competition takes place on Saturday & Sunday.*

## USA WRESTLING MEMBERSHIP

**USA Wrestling Membership registration fee is NOT included.**

The cost is \$15 for the Virginia Limited Folkstyle Athlete Membership at [usawmembership.com](http://usawmembership.com) to renew or join. Each wrestler must register separately and will need to purchase a singlet through the team. All returning wrestlers **MUST RENEW** their USA Wrestling Membership which expires 8/31/17. To renew you will need your USA Wrestling ID number. Includes Northern Virginia Wrestling Federation fee, t-shirt, and awards. *Parent(s) are required to volunteer at four regular season meets as well as the regional meet.*

\*More info at <http://herndon-va.gov/recreation/program-classes/wrestling>

## Welcome Kat!

*New Community Center Assistant Manager*



Kat Mengistu is our new Community Center Assistant Manager. She started in the recreation industry in 2004 as a Personal Trainer and Group Fitness Instructor. Throughout

the years she progressed into facility management, holding positions in private, commercial and government recreation facilities. Her new role will continue to allow her to utilize both her experience and education, a B.S. in Kinesiology and M.B.A. in Management, to the best of her ability. Kat has lived in the Herndon area for 10 years and looks forward to helping make each experience at HCC an enjoyable one for her fellow community members!

## Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible individuals, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x 2107 for more information or contact the Herndon Community Center for assistance.



### HCC Admission Specials

<b>\$2</b>	<b>TUESDAYS</b> (for seniors 65+) All Day	<b>\$5</b>	<b>FRIDAYS</b> (from 12:00-9:30pm) All Ages
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## NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

### 1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

### 2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

### 3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

### 4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

**All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.**

## » YOUTH

### Pee Wee Tennis Age 4-5

#### 8, 30 minute classes

no class 10/7

Sa	8:30-9 am	9/9-11/4	\$52 / \$65	271000.60
Tu/Th	4:30-5 pm	9/12-10/5	\$52 / \$65	271000.21

### Beginner 1.0-1.5 Age 6-15

#### Age 6-8

#### 8, 45 minute classes

no class 10/7

Sa	9-9:45 am	9/9-11/4	\$72 / \$90	271110.60
M/W	5-5:45 pm	9/11-10/4	\$72 / \$90	271110.10
Tu/Th	5-5:45 pm	9/12-10/5	\$72 / \$90	271110.20

#### Age 9-15

#### 8, 60 minute classes

no class 10/7

Sa	11am-12pm	9/9-11/4	\$77 / \$96	271210.60
Tu/Th	6-7 pm	9/12-10/5	\$77 / \$96	271210.20

### Advanced Beginner 2.0-2.5 Age 6-15

#### Age 6-8

#### 8, 45 minute classes

no class 10/7

Sa	10-10:45 am	9/9-11/4	\$72 / \$90	271111.60
M/W	5-5:45 pm	9/11-10/4	\$72 / \$90	271111.10
Tu/Th	5-5:45 pm	9/12-10/5	\$72 / \$90	271111.20

#### Age 9-15

#### 8, 60 minute classes

no class 10/7

Sa	10-11 am	9/9-11/4	\$77 / \$96	271211.60
M/W	6-7 pm	9/11-10/4	\$77 / \$96	271211.10
Tu/Th	6-7 pm	9/12-10/5	\$77 / \$96	271211.20

### Intermediate 3.0-3.5 Age 11-15

#### 8, 60 minute classes

no class 10/7

Sa	11 am-12 pm	9/9-11/4	\$77 / \$96	271213.60
M/W	7-8 pm	9/11-10/4	\$77 / \$96	271213.10

### Advanced 4.0 Age 12-15

#### 8, 60 minute classes

Tu/Th	7-8 pm	9/12-10/5	\$77 / \$96	271214.20
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### High School Age 14-17

#### 8, 60 minute classes

no class 10/7

Sa	12-1 pm	9/9-11/4	\$77 / \$96	271315.20
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## » ADULT

### Beginner 1.0-1.5 Age 16 & up

#### 8, 60 minute classes

no class 10/7

Sa	8-9 am	9/9-11/4	\$77 / \$96	271530.60
M/W	6-7 pm	9/11-10/4	\$77 / \$96	271530.10

### Beginner 2.0-2.5 Age 16 & up

#### 8, 60 minute classes

no class 10/7

Sa	9-10 am	9/9-11/4	\$77 / \$96	271531.60
M/W	7-8 pm	9/11-10/4	\$77 / \$96	271531.10

### Intermediate 3.0-3.5 Age 16 & up

#### 8, 60 minute classes

no class 10/7

Sa	10-11 am	9/9-11/4	\$77 / \$96	271532.60
M/W	8-9 pm	9/11-10/4	\$77 / \$96	271532.10

### Advanced 4.0 Age 16 & up

#### 8, 60 minute classes

Tu/Th	7-8 pm	9/12-10/5	\$77 / \$96	271533.10
Tu/Th	8-9 pm	9/12-10/5	\$77 / \$96	271533.11

## Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.



Classes for all levels age 4 & up are offered year-round.



All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

## » YOUTH

### Pee Wee Age 4-5

Beginning tennis fundamentals. Student should come with own tennis racquet and wear tennis shoes.

8, 30 minute classes no class 11/22, 11/23, 11/25

Sa	8:30-9am	10/14-12/9	\$57 / \$74	291200.61
M	4:30-5pm	10/16-12/4	\$57 / \$74	291200.11
W	4:30-5pm	10/18-12/13	\$57 / \$74	291200.31
Th	4:30-5pm	10/19-12/14	\$57 / \$74	291200.41

### Beginner Indoor 1.0-1.5 Age 6-15

#### Age 6-8

8, 60 minute classes no class 11/23, 11/25

Sa	9-10am	10/14-12/9	\$88 / \$114	292310.61
Th	5-6pm	10/19-12/14	\$88 / \$114	292310.41

#### Age 9-11

8, 60 minute classes no class 11/25

Sa	10-11am	10/14-12/9	\$88 / \$114	292410.61
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#### Age 12-15

8, 60 minute classes no class 11/25

Sa	11am-12pm	10/14-12/9	\$88 / \$114	292510.61
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### Advanced Beginner 2.0-2.5 Age 6-15

#### Age 6-8

8, 60 minute classes no class 10/31, 11/24, 11/25

Sa	9-10am	10/14-12/9	\$88 / \$114	293110.61
Tu	4-5pm	10/17-12/12	\$88 / \$114	293110.21
F	5-6pm	10/20-12/15	\$88 / \$114	293110.51

#### Age 9-11

8, 60 minute classes no class 10/31, 11/25

Sa	10-11am	10/14-12/9	\$88 / \$114	293210.61
Tu	5-6pm	10/17-12/12	\$88 / \$114	293210.21

#### Age 9-15

8, 60 minute classes

M	3:30-4:30 pm	10/16-12/4	\$88 / \$114	293320.11
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#### Age 12-15

8, 60 minute classes no class 11/25

Sa	11am-12pm	10/14-12/9	\$88 / \$114	293320.61
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### High School Age 14-18

For students already on their high school team or about to try out and already competing in tournament play.

8, 60 minute classes

M	5-6pm	10/16-12/4	\$88 / \$114	292320.10
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### Intermediate 3.0-3.5 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2110 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season or prior seasons may enroll without a tryout.

8, 60 minute classes no class 11/22, 11/24, 11/25

Sa	12-1pm	10/14-12/9	\$88 / \$114	293520.61
W	5-6pm	10/18-12/13	\$88 / \$114	293520.31
F	4-5pm	10/20-12/15	\$88 / \$114	293520.51

### Advanced 4.0 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2110 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

8, 60 minute classes no class 11/25

Sa	1-2pm	10/14-12/9	\$88 / \$114	293620.61
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## » ADULT

### Beginner Age 16 & up

8, 60 minute classes no class 11/25

Sa	9-10am	10/14-12/9	\$93 / \$120	294030.61
M	9-10am	10/16-12/4	\$93 / \$120	294030.11

### Advanced Beginner 2.0-2.5 Age 16 & up

Please consult with an instructor prior to registering if you have not previously enrolled in this level of play. 2.0-2.5 Incomplete swing, service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

8, 60 minute classes no class 11/24, 11/25

Sa	10-11am	10/14-12/9	\$93 / \$120	294130.61
F	9-10am	10/20-12/15	\$93 / \$120	294130.51

### Intermediate 3.0-3.5 Age 16 & up

Please consult with an instructor prior to registering if you have not previously enrolled in this level of play. 3.0-3.5 Forehand fairly consistent with direction and depth; backhand has direction and control; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

8, 60 minute classes no class 11/25

Sa	11am-12pm	10/14-12/9	\$93 / \$120	294230.61
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### Advanced 4.0 Age 16 & up

Please consult with instructor prior to registering if you have not previously enrolled in this level of play. 3.5+. Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

8, 60 minute classes no class 11/25

Sa	12-1pm	10/14-12/9	\$93 / \$120	294330.61
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## » TOURNAMENTS

### Tennis Youth Singles Age 10-19

Round Robin format, followed by single elimination in semis and finals. Must register five days before the tournament start.

<b>Girls, Age 10-12</b>				
F-Su	1:30-6pm	11/24-11/26	\$60 / \$60	299250.52
<b>Girls, Age 12-15</b>				
Tu-Th	1:30-6pm	12/26-12/28	\$60 / \$60	299250.44
<b>Girls, Age 15-19</b>				
F-Su	1:30-6pm	12/29-12/31	\$60 / \$60	299250.43
<b>Boys, Age 10-12</b>				
F-Su	9am-1:30pm	11/24-11/26	\$60 / \$60	299250.51
<b>Boys, Age 12-15</b>				
Tu-Th	9am-1:30pm	12/26-12/28	\$60 / \$60	299250.41
<b>Boys, Age 15-19</b>				
F-Su	9am-1:30pm	12/29-12/31	\$60 / \$60	299250.42

## » JUNIOR TEAM TENNIS

### Junior Team Tennis Age 5-16

Junior Team Tennis is designed for those players ready for a competitive tennis experience and outside matches, with practices focused on skill and strategy, with the opportunity to continue on a year-round basis. Tryouts are required; to schedule and for more information, please contact indoor tennis manager at 703-435-6800 x2110. USTA individual membership not included but is required if selected for the team.

10, 90 minute practices no class 10/7, 11/25

<b>Age 8 &amp; under</b>				
Sa	6-7:30pm	9/23-12/9	\$111 / \$143	293141.60
<b>Age 10 &amp; under</b>				
Sa	6-7:30pm	9/23-12/9	\$111 / \$143	293141.61
Sa	7:30-9pm	9/23-12/9	\$111 / \$143	293141.63
<b>Age 12 &amp; under</b>				
Sa	6-7:30pm	9/23-12/9	\$111 / \$143	293141.62
<b>Age 14 &amp; up</b>				
Sa	7:30-9pm	9/23-12/9	\$111 / \$143	293141.64



League, team and tournament play offer competitive tennis opportunities.

## » DOUBLES

### Tennis Doubles Leagues & Early Bird Play

Sign up for one of our doubles leagues or dedicated Early Bird time to play for the entire fall season at a designated time each week. This is the perfect way to stay fit and continue competitive play. Cost includes new balls every session (except Early Bird). **Please be aware there are no substitutions allowed in Early Bird, registered players only.**

League participants are responsible for finding their own substitute players. Those who register on the waiting list are also considered substitute players. If you would like to be considered only as a substitute player, please register after the program is full to be contacted. Contact information for both waiting list and substitute players will be provided to registered participants who are in need of a sub. The Town reserves the right to remove a player from the program if they fail to provide a substitute during an absence.

### Senior Doubles Age 50 & up

Not eligible for a senior discount.

11, 90 minute sessions				
M	12-1:30 pm	10/9-12/18	\$120 / \$154	295040.11
10, 90 minute sessions no class 11/23				
Th	12-1:30 pm	10/12-12/21	\$109 / \$141	295040.41

### Women's Doubles Age 16 & up

12, 2 hour sessions no class 11/22				
W	9-11am	9/27-12/20	\$179 / \$231	290030.31

### Men's Doubles Age 16 & up

12, 2 hour sessions				
Tu	8:30-10:30pm	9/26-12/12	\$194 / \$250	293030.21

### Early Bird Tennis Age 16 & up

63, 2.5 hour sessions no class 11/22, 11/23, 11/24				
M-F	6:30-9am	9/25-12/22	\$265 / \$342	290130.11

## Corporate Memberships

Keep employees healthy and productivity high! Businesses can supplement their benefits through our corporate membership program. Here are a few of the affordable admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager at 703-435-6800 x2116 for more details.



# Herndon Community Center Preschool

2017-2018 School Year

## ½ day programs 3-5 year olds

Give your child the opportunity to explore, play, meet friends, foster independence, build skills and prepare for school. In addition to the nurturing staff, learn through play approach, and enriching daily activities, we offer a fantastic outside playground, time in the full gymnasium, swimming, music enrichment, field trips, and holiday events. The Herndon Community Center Preschool is a state-licensed program, which is designed to stimulate your child's mind and development. The teacher-child ratio is 3 to 20. Program closely follows FCPS calendar.

### Age 3-4 • Tu/Th • 9am-12pm

(Must be 3 by September 30, 2017)  
\$1,350 / \$1,635\*

### Age 4-5 • M/W/F • 9am-12pm

(Must be 4 by September 30, 2017)  
\$1,575 / \$1,950\*

\* Fees are payable on an established payment plan of 5 installments. A \$75 nonrefundable deposit and child's proof of age (such as birth certificate or passport) are due at time of registration.

Children must be potty-trained and use of disposable undergarments is not permitted.

Learn more at [herndon-va.gov/recreation/preschool](http://herndon-va.gov/recreation/preschool) or call Kimmie Alcorn at 703-435-6800 x2119. Feel free to call and schedule a visit.

## WINTER CAMPS

### Winter Break Camp Age 6-11

Excitement and adventure await! Campers will have the opportunity to participate in large group-games, swimming, cooperative games, and arts & crafts! Bring your swimsuit, towel, packed lunch and snack, water bottle and sneakers. Please no peanut/nut products.

#### 5, 11 hour classes

M-F	7:30 am-6:30 pm	12/18-12/22	\$150 / \$194	280100.11
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### Gymnastics Winter Break Camp Age 6-14

Sprinkle gymnastics into your winter break by participating in floor exercises, balance beam, vault, cheerleading, swimming (optional), and active games. Bring a lunch, snack, tennis shoes, swimsuit and towel. Focus will be on gymnastics and cheer, but we will play a variety of games and activities each day.

#### 5, 6 hour classes

M-F	9 am-3 pm	12/18-12/22	\$176 / \$227	270920.20
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#### 4, 6 hour classes

Tu-F	9 am-3 pm	12/26-12/29	\$141 / \$188	270920.21
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### Story Book Multi Art Dance Camp: Frozen Age 4-8

This mini dance camp will mirror our popular summer camps including seasonal crafts plus a dance party for family and friends on the last day of camp. The story will be Disney's Frozen with the final dance choreographed to the smash hit, "Let It Go". Bring lunch, snack and water bottle daily. We will swim on Tuesday and Wednesday, so bring swimsuit and towel.

#### 5, 7 hour classes

M-F	9 am-4 pm	12/18-12/22	\$199 / \$257	280000.11
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### Winter Break Extended Care: Gymnastics/Dance Age 6-14

We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. We will not be offering before care. Participants will join the School's Out camp program already in progress. A Camper Information Form must be completed to attend. Please provide an extra snack and drink.

#### 5, 3 hour classes

M-F	3-6 pm	12/18-12/22	\$60 / \$60	270921.20
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## Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to [Cynthia.Hoftiezer@herndon-va.gov](mailto:Cynthia.Hoftiezer@herndon-va.gov).

Take advantage of the free drop-off babysitting service run by our friendly staff.

## Kid Care

### MORNING:

M/W 9-11:30am  
Tu/Th 9am-12pm

### EVENING:

M/Tu 5:30-8:15pm  
W/Th 5-8pm  
F 5:15-7pm

See Page 14 for more details.

# ARTS & CRAFTS

**Did you know Herndon Parks & Recreation has offered pottery classes for decades?** This fall, we are excited for the new kiln which can reach temperatures of 2300 degrees. For the first time, we have an automated control system, which allows for more precise firing. Our experienced and dedicated pottery teachers would love to share with you their love of ceramics and help you learn and discover the fun and art of working with clay.



New Kiln

## Kidz on Wheelz Age 10-13

Explore your creativity while learning both basic pottery wheel and hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run free. Fee includes all materials.

### 6, 90 minute classes

M	5-6:30 pm	9/18-10/23	\$96 / \$120	210010.11
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## Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of handbuilding with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

### 8, 2.5 hour classes

Tu	6-8:30 pm	9/19-11/7	\$150 / \$188	210140.21
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### 8, 2.5 hour classes

Tu	10 am-12:30 pm	9/19-11/7	\$150 / \$188	210140.31
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## Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

### 8, 2.5 hour classes

M	6:30-9 pm	9/18-11/6	\$150 / \$188	210150.11
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## Intermediate Wheel Age 16 & up

Intermediate Wheel is open to students who have some previous pottery wheel experience and are looking to build on their current skills. Class will focus on perfecting basic techniques of throwing, using tools and glazing techniques. Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

### 8, 2.5 hour classes

Tu	6-8:30 pm	9/19-11/7	\$150 / \$188	210160.21
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# BREADY PARK NEW TURF FIELD



Herndon Parks and Recreation Department is pleased to announce the completion of its first synthetic turf field. Located in Bready Park and adjacent to the Herndon Community Center, the 220-by-370-foot field is a lit, multipurpose field lined to accommodate soccer, field hockey, men's and women's lacrosse, and football, and includes benches, goal posts, bleacher seating, and a handicapped-accessible asphalt trail. The field is open daily from dawn until 11:00 p.m.

The \$1.1 million project was financed with \$575,000 in town money, \$400,000 from the Herndon Youth Soccer Club (HYS), and \$125,000 from a Fairfax County Department of Neighborhood and Community Services mini-grant.

The town maintains priority in field scheduling, followed by HYS, the project's significant funding partner. The County receives a percentage of field time as part of the grant terms. Any remaining open time is available for permitting through the Herndon Parks and Recreation Department.

On **Saturday, September 9th at 9:45 a.m.** a brief ceremony, coinciding with the opening weekend of the HYS fall season, will be held at the park to celebrate the opening of the field. The public is invited to attend.

## HELP CARE FOR THE TURF FIELD...

A synthetic turf field requires special treatment in order to prolong its lifespan, prevent field damage or deterioration, and provide a healthy and clean environment. We urge you to help us maintain this valuable resource. A few of the critical rules include a prohibition on:

- Metal pointed, or screw in rubber cleats.
- Spectators on the turf.
- Chairs of any type.
- Pets (leashed or unleashed).  
*Service animals are permitted.*
- Food or beverages other than clear water.

***This is a Tobacco Free Play Zone. No smoking or use of any tobacco products, candles or open flames.***



## Chess Age 8-11

Research has shown there is a strong correlation between students learning to play chess and their academic achievement. In the class, the students will learn the parts of the chess board; how each piece moves and capture; pawn promotion and en passant capture; the main rule of chess; the rules of castling; how to checkmate the lone king; the difference between checkmate and stalemate; the basic principles of chess; the number of ways a chess game can be won or drawn; guidelines for sound opening play; basic strategy and tactics; and how to keep the score of a game. Each class will include free time for students to play chess with their classmates.

### 8, 90 minute classes

no class 10/7

Sa	9-10:30 am	9/16-11/4	\$96 / \$120	260100.61
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## Take Better Pictures Age 16 & up

Digital Photography fundamentals. Take great photographs with whatever camera you have. While emphasis is on digital single lens reflex cameras, the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

### 8, 90 minute classes

Th	7-8:30 pm	9/21-11/9	\$75 / \$94	260130.41
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## CPR & AED for Adults Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Certification is valid for 2 years. Great class for Teachers, Personal Trainers, Scout Leaders or anyone who needs CPR for work.

### 1, 6 hour class

Su	12:30-6:30 pm	10/15	\$95 / \$95	260150.01
Su	12:30-6:30 pm	11/19	\$95 / \$95	260150.02

## Adult Cooking Class: Rotisserie Chicken Age 16 & up

Who doesn't love the ease of the supermarket rotisserie chicken? We'll make Asian chicken soup, enchiladas and curry chicken salad.

### 1, 90 minute class

Th	6-7:30 pm	10/19	\$30 / \$30	260330.41
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## Cooking with Kids Age 6-14

Give mom and dad a break and make dinner. Learn to make yummy and healthy fruit salad and potato chipped grilled cheese

### 1, 45 minute class

Tu	4:30-5:15 pm	9/26	\$20 / \$20	260340.21
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## Adult/Child Cooking Age 6-14

The easiest way to get dinner on the table is for family members to cook together. We'll make lime chili salmon, fajitas and pasta-veggie salad.

### 1, 90 minute class

F	6-7:30 pm	10/13	\$35 / \$35	260350.51
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NEW!

## BabyJam™ with parent Age 3 months to walking

An interactive tickle, giggle, and cuddle class that will strengthen the bond between parent and baby while stimulating physical and cognitive development by using songs, movement, and colorful manipulatives. Promote your baby's learning through music, object exploration, and creative movement while creating loving memories.

### 8, 45 minute classes

F	11:45 am-12:30 pm	9/15-11/3	\$129 / \$166	269000.52
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NEW!

## KinderJam™ with parent Age 1-5

This class creates a fun, exciting, and high-energy music and movement program that emphasizes the kinesthetic and tactile presentation of kindergarten readiness skills while incorporating physical activity and parent engagement in an effort to develop heart-healthy young learners.

### 8, 45 minute classes

F	10:45-11:30 am	9/15-11/3	\$107 / \$138	269000.51
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## Mission Statement

**"Promoting a sense of community and enriching the quality of life."**

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

**FREE**

# Family Fitness & Fun FEST

**SATURDAY  
SEPTEMBER 23**

**9:00AM-12:00PM**

**TOWN HALL SQUARE,  
730 ELDEN STREET**

Families save the world from unhealthy villains by blasting through physical activity and learning stations. Get your superhero training card validated to gain your full superpowers and be entered into a raffle for prizes, plus join in family ZUMBA® and BODYCOMBAT™ classes!



## Parks in Herndon

### Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

### Bready Park

Located on Ferndale Ave., adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three indoor tennis courts September-April, lighted artificial turf soccer field and a playground. Indoor bathrooms seasonally. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

### Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

### Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field and a fenced dog park.

### Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, and a mini basketball court to accommodate younger children, as well as playground for ages 5-12, and a tot lot.

### Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor bathrooms seasonally.

### Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches and an open play space.

### Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters and a paved accessible trail.

*Shelters are available for reservation.*

### Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

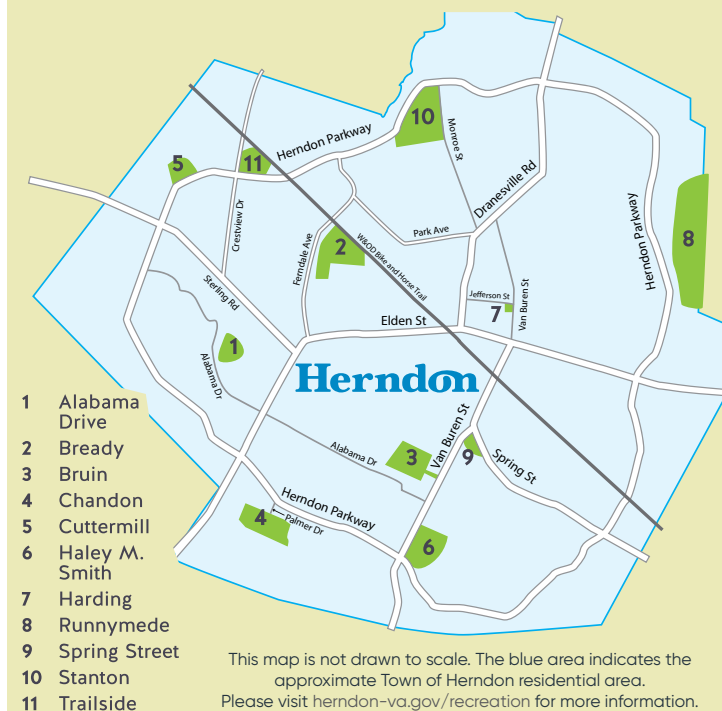
### Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

### Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

## FIND A PARK NEAR YOU



## GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding Trees? The Town Forester is available to help. Call 703-435-6800 x2014.

## Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at [herndon-va.gov/recreation](http://herndon-va.gov/recreation).



## Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate  
requires ID with address for every transaction  
NR = Non-resident rate

### All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....*	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family .....	\$18/\$22.50
(Up to 5 family members, 2 adults maximum)	

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior .....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person* .....	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single .....	\$36.75/\$62
Senior 2-Person* .....	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr .....	\$70/\$100
Dependent Youth**.....	\$13.50/\$18

6-Month Pass <sup>(1)</sup>	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person* .....	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single .....	\$215/\$307
Senior 2-Person* .....	\$338/\$481.50
Senior 2-Person* Sr/Non Sr .....	\$350.25/\$500.50
Dependent Youth**.....	\$65/\$86.50

Annual Pass <sup>(1,2)</sup>	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person* .....	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single .....	\$329.25/\$551.75
Senior 2-Person* .....	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr .....	\$630/\$900
Dependent Youth**.....	\$116.75/\$155.75

\* Both adults must reside in the same household and have ID to purchase a 2-person pass.

\*\* Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

### Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

### Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

### Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

### Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

### Pool Use:

Children 6 & under:	an adult must accompany child in the water
Children 8 & under:	must be accompanied by an adult

### Gymnasium Use:

Youth:	must be 12 & older
Youth Open Gym:	weekends only age 8-11 must be accompanied by a paying adult

### Fitness Room Use:

Age 12 & 13:	must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15:	must earn Youth Fitness ID to use fitness room

### Locker Room Use:

Children 5 & under:	permitted in locker room of opposite sex
Family Locker Rooms:	for parents with children over the age of 5, located in guard office

### Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

<b>Prime Time Hours:</b>	Monday-Friday, 4-10pm, Saturday & Sunday, Opening-2pm
<b>Prime Time:</b>	admission fee per player \$4 per hour + \$3.50 per session wallyball
<b>Non-Prime Time:</b>	admission fee per player \$2 per hour + \$2 per session wallyball

### 2017 Herndon Town Council

Lisa C. Merkel, Mayor  
Jennifer Baker, Vice Mayor  
Grace Wolf Cunningham, Councilmember  
Jeffrey L. Davidson, Councilmember  
Signe Friedrichs, Councilmember  
Bill McKenna, Councilmember  
Sheila A. Olem, Councilmember  
Bill Ashton, Town Manager

### Parks & Recreation Department Staff

Cindy S. Roeder, Director  
Cynthia Hoftiezer, Deputy Director  
Nancy Burke, Administrative Assistant  
Lori Rowland, Office Assistant  
Lindsey Jones, Systems Technician  
Kevin Breza, Recreation Program Coordinator  
Abby Kimble, Marketing Specialist  
Kerstin Severin, Aquatic Services Manager  
Jim Heffel, Pool Operations Manager  
Bruce Andersen, HAC Head Coach  
Christina Bolzman,  
Aquatics Programming Specialist  
Ron Tillman, Community Center Manager  
Kathleen Mengistu,  
Assistant Community Center Manager  
Suzanna Swalboski,  
Indoor Tennis Manager  
Vacant, Preschool Director  
Karen Tsitos, Head Personal Trainer

### Recreation Supervisors

Kimmie Alcorn,  
Special Interest, Arts & Crafts, Camps  
Jane Grannis, Fitness  
Tim Lander,  
Wellness, Sports & Community Events  
Holly Popple,  
Performing Arts & Community Events  
John Walsh, Sports & Community Events

### Department Sponsor

A special thanks to the following company for supporting our department programs and events:

### PLATINUM:



If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10am on Wednesday, August 16. Open registration for Non-TOH residents will begin at 10am on Tuesday, August 22.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: [herndon-va.gov/recreation](http://herndon-va.gov/recreation) and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on August 22.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call 703-787-7300 at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment


You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on August 16 for TOH residents, and 10am on August 22 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [herndon-va.gov/recreation](http://herndon-va.gov/recreation). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, August 16 for TOH residents; and 10am, August 22 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

## Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, August 16** at 10am.  
Registration for Non-Town of Herndon Residents begins on **Tuesday, August 22** at 10am.

**PHONE: 703-787-7300**  
**FAX: 703-318-8652**

"99.4% of Town of Herndon residents surveyed were satisfied with customer service at the Herndon Community Center."

## Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

**Proof of residency may be required.**

You may donate to the Parks & Recreation Scholarship Fund **NR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



## Herndon Parks and Recreation Registration Form - FALL 2017

**ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.**

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

PHONE: HOME \_\_\_\_\_ CELL \_\_\_\_\_ WORK \_\_\_\_\_

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

**SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.**

**MAKE CHECK PAYABLE TO: TOWN OF HERNDON**

All returned checks are subject to a \$50 fee



### MAIL TO:

Herndon Parks and Recreation  
777 Lynn Street, Herndon, VA 20170

**CHANGE OF ADDRESS/PHONE/EMAIL?** ☐ YES ☐ NO

**REFUNDS:** A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: \_\_\_\_\_

**OFFICE USE ONLY – Processed by:** \_\_\_\_\_

Payment Method C CK CC LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

**IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:**

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**RECREATION CONSENT:** I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN \_\_\_\_\_





**Town of Herndon Parks and Recreation**  
Mailing Address: 777 Lynn Street  
Physical Address: 814 Ferndale Avenue  
Herndon, VA 20170  
[herndon-va.gov/recreation](http://herndon-va.gov/recreation)  
703-787-7300



join our newsletter...  
[parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov)



Herndon Parks and Recreation Department  
Herndon Community Center

@herndonparks



PRST STD  
U.S. POSTAGE

**PAID**

Herndon, VA  
Permit No. 280

## ECRWSSDDM Residential Customer

### HERNDON LABOR DAY FESTIVAL



Wine & Craft Beer Tasting

**Monday**  
**September 4**  
11am-5pm

Downtown Herndon, 777 Lynn Street

★ **Virginia Wineries**  
Wine Tasting 11am-4pm

★ **Craft Beer Tasting**

★ **Live Music All Day**

★ **Craft & Food Vendors**



**\$20 Admission**

(includes glass for wine & 3 beer tastings)

**\$2 additional beer tastings**

**\$5 admission for designated drivers**

Proceeds help support college scholarships  
for Herndon High School graduates.



#### WINERIES

★ Horton Vineyards ★ 868 Estate Vineyards ★ Rebec Vineyards ★  
★ Rodgers Ford Farm Winery ★ Two Twisted Posts ★ Mattaponi Winery ★  
★ Cobbler Mountain Cider ★ Narmada ★

#### CRAFT BEERS

★ Apocalypse Ale Works, Hell Yeah ★ Pale Fire Brewing Company, Salad Days ★  
★ SmartMouth Brewing Company, Murphy's Law ★  
★ Brothers Craft Brewing, The Great Outdoors ★ and more ★

PRODUCED BY

**Town of Herndon Parks and Recreation Department  
& Herndon Woman's Club**

[herndon-va.gov/laborday](http://herndon-va.gov/laborday)

703-787-7300

Media Sponsor  
FAIRFAX COUNTY  
**TIMES**

**FREE**

**Family  
Fitness  
& Fun  
FEST**

**SATURDAY**  
**SEPTEMBER 23**

**9AM-12PM**

**TOWN HALL SQUARE, 730 ELDEN STREET**

Families save the world from unhealthy villains by blasting through physical activity and learning stations. Get your superhero training card validated to gain your full superpowers and be entered into a raffle for prizes, plus join in family ZUMBA® and BODYCOMBAT™ classes!

